

**Sacred Heart of Mary Girls' School
January 2019**

<p>Week Beginning 7th Jan- 11th</p> <p>Mon- Spaghetti Bolognese or Vegetable Ratatouille</p> <p>Tues- – Minced Beef & Onion Pie or Red Pepper & Mushroom Quiche</p> <p>Wed -Thai Chicken Curry or Sweet & Sour Vegetables</p> <p>Thurs- – Mediterranean Chicken & Pasta or Pasta in Creamy Mushroom Sauce</p> <p>Fri – Fish & Chips</p>	<p>Week Beginning 14th Jan- 18th Jan</p> <p>Mon –Mexican Chicken & Rice or Vegetable Chilli</p> <p>Tues – Assorted Pasta Dishes</p> <p>Wed- Roast Chicken or Cauliflower Cheese</p> <p>Thurs- Beef Casserole or Vegetable Hotpot</p> <p>Fri- Southern Fried Chicken or Macaroni Cheese</p>	<p>Week Beginning 21st Jan-25th Jan</p> <p>Mon– Chicken & Chorizo Paella or Vegetable Sausage Paella</p> <p>Tue -Sausage & Mash or Cheese Leek & Potato Pie</p> <p>Wed- Chicken Enchiladas or Vegetable Enchiladas</p> <p>Thurs –Chilli Beef & Rice or Vegetable Chilli</p> <p>Fri – Cheese & Onion Quiche</p>	<p>Week Beginning 28th Jan-- 2nd Feb</p> <p>Mon- Beef Lasagne or Vegetable Lasagne</p> <p>Tues – Chicken & Ham Pie or Cheese & Spinach Filo Pastry Pie</p> <p>Wed – Pork Meatballs & Spaghetti Or Mixed Pepper & Tomato Sauce</p> <p>Thurs – Tandoori Chicken & Rice or Sweet Potato & Chickpea Curry</p> <p>Fri – Salmon & Broccoli Pasta Bake</p>
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All our main meals are home made from fresh ingredients

<p>Breakfast Menu Available Daily from 8.00 am – 8.30 am</p> <p>Bacon in a Roll Brown & White Toast Croissants Fruit Yoghurts</p>	<p>Alternative Lunchtime Menu Available Throughout Lunchtime</p> <p>Freshly Made Soup Jacket Potatoes Various Paninis Toasted Sandwiches Cold Wraps Baguettes (Various Fillings) Choice of Sandwiches & Rolls</p>	<p>Morning Break Menu</p> <p>Jacket Potatoes Various Paninis Cold Wraps Baguettes (Various Fillings) Choice of Sandwiches & Rolls Pizza</p>
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Fruit Juices and Bottled Water are available to Purchase
FREE DRINKING WATER IS AVAILABLE THROUGHOUT THE SCHOOL DAY